

**Post-Operative Instructions**  
**Tibial Tubercle Osteotomy**

1. Remove the dressing on post-op day #2.
2. Apply gauze dressings to the wounds. Please do not use bacitracin or other ointments under the bandage. Use ice packs or ice machine as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help control swelling. Do not wrap the ace too thickly or the ice will not penetrate.
3. You may shower on post-op day #5 if the incisions are dry. Gently pat the area dry after showering.
4. Do not soak the knee in water or go swimming in the pool or ocean until your sutures are removed.
5. Keep your leg elevated with a pillow under your calf, NOT under the knee.
6. Exercises to be performed 2-3 times daily:
  - a. \*Foot pumps: foot up and down 30 repetitions, 5 x per day
    - i. ONLY 20 LBS. OF WEIGHT-BEARING, AND ONLY WITH THE KNEE LOCKED AND BRACE LOCKED IN EXTENSION.
    - ii. Any contraction or use of the quadriceps may compromise your results.
7. Please call the office to schedule a follow-up appointment for 10-14 days post-operatively.
8. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
9. You may experience some low back pain due to muscle spasm from the epidural anesthesia. If so, apply heating pad to area and take an analgesic if you have not already done so.
10. Continue anticoagulation as instructed.
11. Discontinue pain medication when able

**If you have any questions, please feel free to call our office.**